

M 1960 ●

Music, Westtown

Group IV

Saturday, 7 November 1970

PART ONE

MR. NYLAND: I hope for some of you this is not too strenuous, working the whole day Saturday, and then coffee, so-called, then maybe movements, and now again this. It may be a full day, maybe too much. Every once in a while I think it is necessary to make very extra efforts. Why? Because of course you lose a great deal of energy in doing it, so for that you have to have a good reason. It's simply because you don't make extra efforts in ordinary life. It's very simple. You just stop, many times at the place where you should continue just a little more, and you don't. And many times you even don't reach that stage. And as soon as you feel a little bit uneasy, a little bit tired, a little bit sick, a little bit this or that or the other, you stop. And of course you give in, and then you start to reason about it, why you are that way, and of course you don't get any further either.

Simplicity of ordinary work, on the soil, where for a whole day you have to plow a certain piece of land. You start out early in the morning, and maybe you have a horse - not machinery. I mean actually plowing like we used to do when we were--when I was young, in the olden days almost. And it was honest work. You hated it, of course you hated it. But you see, you were not the boss. In many cases the land was the boss, and the weather was the boss, and sometimes the maid was the boss. I remember I had to carry water in order to clean the street in front of our house. You know we lived in a very nice neat country where one--everything is cleaned up except yourself, where everything has to be done just exactly spic and span, including the street - not only the trottoir, not only the sidewalk, but part of the street itself. And it has to be brushed and brushed and scrubbed and so on. And wouldn't you see it now, that kind of (laughs). And I had to carry the water from way in at the pump at noon and bring it out - and another couple of pailfuls. And there I saw her just throw it out like that. And I told her once that it was hard work, and she said, "Yes, that's right, hard work." And it was not only five or six pails - twenty, twenty-five pails I had to carry - and all she had to do was to scrub the street. And I had to do it, probably because my father told me, or my mother. Surely I didn't tell myself, and she couldn't say very much if I didn't--if I ran away, because I liked to run away.

It's an inherent tendency to come to a point where you feel that your body has had enough, and it hasn't really enough. Your mind starts to tell your body a little lie, and the body is only too anxious to believe it. What is needed by this kind of a super physical effort? Against all costs, against the grain, keep your eyes open. Don't allow you to fall asleep. It is as if you sit for a sick person, and you're a nurse. And that sick person is your 'I' and it has to be fed on time. It has to be attended to. Really when you want to Work, you must Work, and we forget many times that that is required. And many times you sit of course and you talk about Work. It's also very nice and good and, I think useful; but the real quintessence of Work is to get up at two o'clock in the morning, sometime, not all the time. Every once in a while, you make an effort every once in a while. Just a little more than where you usually would give up you continue, just a little - think, who knows, five minutes. Why don't you do that? Sometimes in a conversation when things don't go right, and you're ready to leave, stick around a little bit. If you're obnoxious, be a little more obnoxious, for your own benefit. Try to be a little over-patient if you can. You can be a little over-angry. You're allowed to do almost anything a little bit more - almost anything - it's all human, and it doesn't make any difference from the standpoint of Eternity. But you learn; you learn to find out what is your limitation, where you give up, where you have to make

just a little more effort, and then to see what is the result. Strange to say, the result will be that you become very considerate about other people, because you have experience with yourself. And that you will not forget. And then you will consider what you do to other people, and maybe they are tired, and maybe they need a little rest; and maybe you, in being where you are, make them have a super effort, that is that they have to adjust themselves by special effort on their part, and this time for your sake. And when you know what it is, you will think twice. You won't whistle when someone may be asleep. You don't stay longer than you absolutely have to, unless there is some very definite reason for it. You don't make a sentence too long when you already have said in the beginning what you wanted to say. You will remember that you can be obnoxious. And when you have made a super-effort you will remember much more about yourself.

Do you understand what I mean, how outer life of that kind can help you in Work? How necessary it is to consider yourself all the time as a little machine, because there is not much of Conscientiousness and Conscience in it. It is still quite automatic, and still subject to ordinary rules of being educated one way or the other, or to think about certain things in a certain way, or to have prejudices because you always have had them, and not to want to go against that to find out what would be the other side of the coin, to be a little adventurous. And even if you break down a little

bit - you say, "Okay, I break down" - to take it, if you can, to take it together, in Work, on a Sunday like tomorrow, and to make use of such a Sunday when there is a little disharmony, when you really--not you have to create it, it will come by itself, you don't have to worry too much about that - but when it comes, can you really use it? It's such a good opportunity. Maybe you have to go around a little bit first, before you can start using it, to get away from your emotional upset which might make you do or say certain things for which you don't want to be responsible. But maybe you can keep energy and maybe then, remembering how you were affected, maybe then it could be of use to you to Work.

Gradually, everything should turn towards the possibility of the utilization of energy for your inner Life. I say gradually, not -- not right away. And of course in the nature of it, it will take quite some time. But if you could add every day, that is if you could add every day energy as a result of an intentional task, that when you get up in the morning and you want to look through your day, how it's going to be, that you put a little pebble in your shoe, psychologically speaking; that for that particular day you select a couple of moments or a little time where you know you will be affected adversely, where you will be irritable, where you will have to meet conditions you don't like, gradually creating for oneself a little bit of friction, a little bit of suffering, but intentionally - make it a little to see where you are, to go

and shake hands with an enemy when you still hate them, to do a thing that is against you and that in ordinary conditions you wouldn't want to do - go ahead and do it. If you are impolite, for once be polite. If you're always polite, for once be impolite to add to your vocabulary, to give you more flexibility of your muscles. Sometimes why do we do movements? Because we are very lazy, and the body doesn't respond anymore, and you have to make it. You have to whip it a little, poke it in the ribs to do it because you say so to the body. "Who is the boss?" you ask. "Who are you, my body, to tell me all the time? Who are you?" And who is it who asks who you are? That is the emphasis. That is the result of that kind of a super-effort.

Ordinary life, activities among us. The West Coast is growing: several activities now. A great deal of difficulty they have, but it is very lovely to listen, and to see what they try, what they want to do, and gradually fulfill. And all they have are a couple of tapes. And they work, and they're hungry, and they're very happy when something happens to them that has a meaning. They're grateful when it comes from a source where sometimes they don't expect it from, and it gives them encouragement to continue.

I say often that you must learn to think about other people; that whatever it is you're brought up with, and also whatever heart you have to begin with, there always should be a little bit more, a little more - a little to be added, from

the point where you usually would stop - to add another person, to be able to be for that other person someone who then, afterwards, can receive thanks for being.

Of course I hope you will have a good day tomorrow.

I think it is well if when I play now, and after that I will not talk anymore. I've said enough today, of course. It's not that I'm afraid of being repetitious; or even if I were repetitious that I would excuse it - I wouldn't at all - you can hear these kind of things thousands of times; I know what I am talking about. I know how difficult it is to get through that unconscious layer - we are so thick-skinned in our ordinary life.

So I won't say anymore. I'll play a little. After that we'll go home. I don't want to make it too late for any one of us.

All right, John.

END TAPE

Trans: Ginger  
Rough Type: Ginger  
1st Proof: Laile  
2nd Type: Laile  
2nd Proof: Lenore  
Final Type: Lenore